

# One Minute Golf Tips

**‘WHERE PASSION MEETS PERFORMANCE’**

## **ONLY TWO PROCEDURES IN YOUR BAG**

We know that there are ONLY two swing in our bag ... the ‘Full Swing’ (‘FS’) and the ‘Less Than Full Swing’ (‘LTFS’). Keep it that simple! The ‘FS’ goes ‘Bottom Top Bottom’. The ‘LTFS’ does not arrive at the ‘Full Top Of Back Swing’ (‘FTOB’), but absolutely has its own ‘TOB’. All shots do ... even the shortest of ‘Putts’!

The two ‘Swing Procedures’ are related and nearly as simple! Certainly the same flavour!

The ‘Putt’ is called a **‘PUSH Basic Procedure’** as there is no ‘Thrust’ provided by the ‘Lower Body Machine Pivot’ (‘LBM’). There is no ‘Coil or Load Leg Drive’. It is an ‘Upper Body Machine’ (‘UBM’) only procedure. ‘Set-Up’ and ‘Swing Those Quiet Lever Triangles’! The ‘Lever Assemblies’ are comprised of ‘Hands, Wrists, Fore-Arms, Elbows, Upper Arms and Shoulder Sockets’. The actual ‘Golf Club’ is called the ‘Secondary Lever’ and is a part of the ‘Target Lever’. (see ‘Compound Lever’)

The ‘Drive’ has ‘LBM Coil or Load Leg Drive’. There is ‘Brace Toe Pressure’ and ‘Brace Leg Drive’ ... a bit like a baseball ‘Bunt’ and a ‘Home Run Swing’. Due to this ‘Brace Leg Drive’ action, your ‘555 Team’ calls this second ‘Procedure’ a **‘PUNCH Basic Procedure’**. (see ‘ALSDR’ – ‘Power Line Sequence’)

So, keeping it simple, the ‘Chip Shot or Procedure’ is a ‘PUSH Basic Procedure’.

Then, logically, the ‘Punch or Pitch Shot Procedure’ is a ‘PUNCH Basic Procedure’.

So now you know “The Rest Of The Story!”

**“Welcome Aboard!”  
“Enjoy The Ride!”**

## **SATISFACTION GUARANTEED**

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